

September is National Cholesterol Education Month**What Is Cholesterol?**

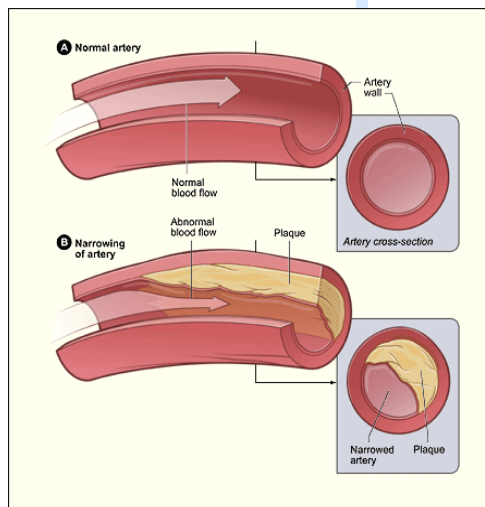
To understand high blood cholesterol, it is important to know more about cholesterol. Cholesterol is a waxy, fat-like substance that is found in all cells of the body. Your body needs some cholesterol to work the right way. Your body makes all the cholesterol it needs, but cholesterol is also found in some of the foods you eat. Your body uses cholesterol to make hormones, vitamin D, and substances that help you digest foods.

To travel in the bloodstream, cholesterol is carried in small packages called lipoproteins. The small packages are made of fat (lipid) on the inside and proteins on the outside.

Two kinds of lipoproteins carry cholesterol throughout your body. It is important to have healthy levels of both.

Low-density lipoprotein (LDL) cholesterol is sometimes called bad cholesterol. High LDL cholesterol leads to a buildup of cholesterol in arteries. The higher the LDL level in your blood, the greater chance you have of getting heart disease.

High-density lipoprotein (HDL) cholesterol is sometimes called good cholesterol. HDL carries cholesterol from other parts of your body back to your liver. The liver removes the cholesterol from your body. The higher your HDL cholesterol level, the lower your chance of getting heart disease.



The illustration shows a normal artery with normal blood flow (Figure A) and an artery containing plaque buildup (Figure B).

What Is High Blood Cholesterol?

Too much cholesterol in the blood, or high blood cholesterol, can be serious. People with high blood cholesterol have a greater chance of getting heart disease. High blood cholesterol on its own does not cause symptoms, so many people are unaware that their cholesterol level is too high.

Cholesterol can build up on the walls of your arteries. This buildup of cholesterol is called plaque. Over time, plaque can cause narrowing of the arteries. This is called atherosclerosis, or hardening of the arteries.

Special arteries, called coronary arteries, bring blood to the heart.

Narrowing of your coronary arteries due to plaque can stop or slow down the flow of blood to your heart. When the arteries narrow, the amount of oxygen-rich blood is decreased. This is called Coronary Artery Disease (CAD). Large plaque areas can lead to chest pain called angina. Angina happens when the heart does not receive enough oxygen-rich blood. Angina is a common symptom of CAD.

Some plaques have a thin covering and rupture, releasing fat and cholesterol into the bloodstream. The release of fat and cholesterol may cause your blood to clot. A clot can block the flow of blood. This blockage can cause angina or a heart attack.

Lowering your cholesterol level decreases your chance for having a plaque burst and cause a heart attack. Lowering cholesterol may also slow down, reduce, or even stop plaque from building up.

The National Heart, Lung and Blood Institute's website, nlnhlbi.nih.gov/cholmonth has more information on cholesterol. Check it out!

-National Heart, Lung and Blood Institute

2006

upcoming events

MOMMobile On-site Mammography 

"Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screening at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member service department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required.

The M.O.M. van will be parked outside the following locations:

Phoenix– Tuesday, September 5, 2006
8:00am-5:00pm Dept. of Revenue
1600 W. Monroe

Phoenix– Tuesday, September 12, 2006
8:00am-4:00pm Dept. of Economic Security
2222 E. Encanto Blvd.

Phoenix– Monday, September 25, 2006
8:00am-5:00pm Dept. of Health Services
150 N. 18th Ave.

If you are interested in hosting a program at your worksite, visit the Wellness web-site at www.benefitoptions.az.gov/wellness to view what is available and learn how to request and schedule worksite events.

How to Survive Stress With Self Massage

Instructor Anna Marie Prassa takes you through quick relaxers for your mind and body. Participants receive a self-massage tool and a body scape map. By applying the self-massage pressure point techniques you are shown, you will be able to reduce your muscle pain and tension. This FREE workshop is interactive, fast-paced, enlightening and fun.

Any State employee is welcome to this program.

Show Low– Thursday, September 7, 2006
8:00am-9:00am **OR** 9:30am-10:30am
Dept. of Economic Security 2500 E. Cooley
Ste. 410 Conference Room
Register by September 1
email: jeanieporter@azdes.gov

Flagstaff– Wednesday, September 13, 2006
10:00am-11:00am Dept. of Transportation
1901 S. Milton Training Room
Register by September 7
email: jsunda@azdot.gov

Fit and Fast Living

Ted Rogers, "author of Fit and Fast Cooking," will show you how to build a lifestyle of high energy, great foods and better health. Being healthy does not have to be hard. This dynamic class will discuss the role of nutrition, physical activity, stress management and other lifestyle behaviors that impact health.

Class participants will receive delicious Fit and Fast Food ideas and a food sample. \$1.00 copay (pay instructor at time of class). **Any State employee is welcome to this program.**

Phoenix– Tuesday, September 19, 2006
11:45am-12:45pm AHCCCS 701 E. Jefferson
Wellness Room Register by September 13
email: vwmailbox@azahcccs.gov

Phoenix– Thursday, September 21, 2006
Noon-1:00pm Dept. of Corrections
3701 W. Cambridge Conference Room
Register by September 15
email: jlongm@azcorrections.gov

State of Arizona's Employee Assistance Program

Your employee assistance program (EAP) can help you find the support you need to address life's challenges. The State of Arizona's EAP is managed by the Work/Life Program in ADOA's Human Resources office and is available to all State employees.

All persons face stressful or life-altering problems from time-to-time. Often when faced with these difficulties, it is not easy to identify the problem or to know where to turn for help. The state of Arizona provides Employee Assistance Programs to help employees identify concerns and to locate assistance quickly, and in many cases, without cost to the employee.

Employee Assistance Programs are designed to address problems such as chemical dependency and work and family pressures that can have a negative influence on personal performance and health.

A telephone call to a counselor determines what services are needed, such as short-term counseling or referral to other community resources. EAP counselors work with State employees to find the best treatment programs and outside services in line with personal finances. Cost for additional outside treatment and counseling may be covered by the State of Arizona Benefit Options health plan.

For more information about your agency's EAP, talk to your supervisor, HR or Benefits contact, or call one of the numbers listed. Agencies, Boards, and Commissions not listed above can call ComPsych at 877-327-2362.

Mini Health Screening at Work

All State employees are eligible to participate in mini health screenings.

Confidential results will be mailed to your home.

If you would like your results to be shared with your physician, you will need to provide their name and mailing address at the time of the Mini Health Screening event.



These screenings are FREE, except where prices are indicated:

Height & weight; blood pressure; and percent of body fat (body composition).

Cholesterol (total panel) and blood sugar **8-hour fasting is required for this blood draw.**

Free osteoporosis screening for women 40 and older. \$35 for women under age 40.

\$5 PSA screening (blood draw) for men 40 and older. \$40 for men under age 40.

NO APPOINTMENT NEEDED!

Phoenix- Wednesday, September 13, 2006
7:00am-9:00am Public Safety Retirement System 3010 E. Camelback Ste. 200

Agency	Provider	Telephone	TDD/TTY
ADOA	ComPsych	877-327-2362	TDD: 800-697-0353
AHCCCS	ComPsych	866-379-0245	TTD: 888-879-8274
ADE	EAP Preferred	602-264-4600	TTY: 800-367-8939
ADEQ	ComPsych	800-272-7255	TDD: 800-697-0353
DES	ComPsych	888-243-8200	TDD: 800-697-0353
DOC	On-site Assistance	520-623-5832 x220	TTY: 602-504-1170
DOT	Contact	800-222-8335	
DPS	On-site Assistance	602-791-7993	

Weight Watchers™ AT WORK

The At Work Program® is a series of motivational meetings at the worksite designed to encourage safe, sensible weight loss and weight control. Each series lasts for 10 weeks and includes weekly, 45-minute meetings facilitated by trained Weight Watchers personnel who themselves have lost weight and kept it off with the Weight Watchers program. Each meeting includes a quarter hour, confidential weigh-in followed by a half-hour meeting. Cost includes weekly meetings and written program materials.

Cost: Participants pay \$59 (Benefit Options Wellness pays the remaining cost of the class)

Length: 45-minute classes held during a 10-week series

Participation: Minimum of 18 participants required

Availability: Weight Watchers can bring a series of meetings to your worksite at a variety of times through out the day. Because the lunch hour is the most popular requested time, the Wellness Program encourages considering "off" times during the day to increase the availability of Weight Watchers to fulfill the request (such as before work, 10:00, 1:30, etc.)

Additional options: There are two other options available to employees when their location cannot meet the minimum number of participants or if the availability of meeting times is limited:

1. A current meeting series may be in session in an agency near you at any given time - please call Weight Watchers for the schedule.
2. Weight Watchers will start a group of employees who would like to start Weight Watchers together but attend regular meetings in their own neighborhoods.

To schedule a series, find an existing series, or find out about other options, email info@weightwatchersaz.com or call 1-800-651-6000, ext. 21. Please identify your agency when you call.

Weight Watchers At Work Program series fees are non-refundable and non-transferable. Members becoming pregnant or relocating outside of Arizona during a series may be eligible for partial refunds.

©2006 Weight Watchers International, Inc., owner of the WEIGHT WATCHERS and THE AT WORK PROGRAM registered trademarks. All rights reserved.

Massage Therapy At Work

This program is open to all State employees. The cost is \$10 for a 15-minute massage and \$20 for a 30-minute massage.

Check the Wellness website for events scheduled in your county.



The State's contracted vendor, National StresStation, will travel to worksites with at least 15 interested employees (and/or family members). Call National StresStation at 480-990-1701 to discuss having this program at your worksite.

Created and published by ADOA Human Resources, Benefit Options Wellness Program

100 N 15th Ave, Suite 103 Phoenix, AZ 85007
602-771-9355

www.benefitoptions.az.gov/wellness
email: wellness@azdoa.gov



Persons with disability may request reasonable accommodation by contacting the ADOA Benefits Office. If you need this issue in alternative format, please call 602-771-9355

benefit
options
wellness!
Be Well Stay Well.